



National Social Service Resources

Milliy ijtimoiy xizmat resurslari



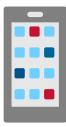
UNITED WAY/BIRDAMLIK YO'LI

Community and social services, such as food pantries, emergency shelter, childcare, housing, and more services to assist individuals and families. Calls are private and confidential. Assistance is provided in more than 300 languages. 211 services are also available through United Way's website <https://www.211.org/>

2-1-1

Jamiyat va ijtimoiy xizmatlar, shuningdek, oziq-ovqat omborlari, shoshilinch boshpana, bolalarni bog'chasi, uy-joy va odamlar va oilalarga yordam berish uchun boshqa xizmatlar. Qo'nigiroqlar shaxsiy va maxfiy. Yordamlar 300 dan ortiq tillarda beriladi. 211 xizmatlari Birdamlik yo'li veb-saytida ham mavjud <https://www.211.org/>

 **Interactive Website/App of National Resources:** <https://find.usahello.org/#/welcome> (available in English, Spanish and Arabic) is a free app for refugees, asylum seekers, and immigrants. The app provides information about services in local communities anywhere in the USA. Services may include immigration help, English classes, and health care.

 **Interaktiv veb-sayt/Milliy resurslar ilovasi:** <https://find.usahello.org/#/welcome> (ingliz, ispan va arab tillarida mavjud) bo'lib, qochqinlar, boshpana izlovlchilar va immigrantlar uchun bepul ilovadir. Ilova AQShning istalgan joyida mahalliy jamoalardagi xizmatlar haqida ma'lumotlar beradi. Xizmatlar immigratsiya yordami, ingliz tili kurslari va sog'liqni saqlashni o'z ichiga olishi mumkin.

SUBSTANCE ABUSE/ALKOGOL YOKI GIYOHVAND MODDALARNI SUISTEMOL QILISH

U.S. Department of Health and Human Services (HHS) Substance Abuse and Mental Health Services Administration's (SAMHSA) toll-free telephone number for alcohol and drug information, treatment, and referral.

1-800-662-HELP
(4357)

AQSh Sog'liqni saqlash va Inson xizmatlari departamenti (HHS) Narkotik moddalarni suiiste'mol qilish va Ruhiy salomatlik xizmatlari ma'muriyatining (SAMHSA) alkogol va giyohvand moddalar haqida ma'lumot olish, davolash va yo'nlanma olish uchun bepul telefon raqami.

HUMAN TRAFFICKING AND SEXUAL ASSAULT/ODAM SOVDOSI VA JINSIY ZORLASH

Federal huquqni muhofaza qilish organlariga gumanli odam savdosi haqida xabar berish uchun: 1-866-347-2423 (866-DHS-2 ICE)

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(866-DHS-2-ICE)

Para denunciar informar de las sospechas de trata de personas a las fuerzas federales del orden federales marque: 1-866-347-2423 (866-DHS-2-ICE)

1-888-373-7888

Milliy odam savdosi bo'yicha ishonch telefonidan yordam olish uchun: 1-888-373-7888 yoki SMS HELP yoke INFO BeFree ga (233733)

yoke SMS/o envíe un

Para obtener ayuda a través de la Línea Directa Nacional de Trata de Personas marque: 1-888-373-7888 o envíe el mensaje de texto HELP o INFO a BeFree (233733)

mensaje de texto a HELP yoli/o INFO to/a BeFree (233733)

RAINN-Jinsiy tajovuz bo'yicha milliy ishonch telefoni. Tekin. Maxfiy. 24/7
RAINN-Línea Directa Nacional de Abuso Sexual. Gratuita. Confidencial. 24/7

1-800-656-4673



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EMERGENCY DISASTER HELP/FALOKATDA TEZ YORDAM

American Red Cross Amerika Qizil Xoch	1-800-733-2767
American Association of Poison Control Centers Amerika zaharni nazorat qilish markazlari uyushma	1-800-222-1222
Centers for Disease Control (CDC) COVID-19 Information Line for Emergency Questions and Urgent Needs for Information Kasalliklarni nazorat qilish markazlari (CDC) Favqulodda savollar va ma'lumotga shoshilinch ehtiyojlar uchun COVID-19 ma'lumot liniyasi	800-CDC-INFO (800-232-4636) TTY 888-232-6348

MENTAL HEALTH INFORMATION AND REFERRAL/RUHIY SALOMATLIK HAQIDAGI MA'LUMOT VA YO'LLANMA

Grief Recovery Hotline G'amdan xalos bo'lish uchun ishonch telefoni	1-800-662-4357
National Mental Health Association Davlataro ruhiy salomatlik uyushmasi	1-800-969-6642

TRAUMA/TEPT/TRAVMA

National Suicide Prevention 24 Hour Hotline Davlataro o'z joniga qasd qilishning oldini olish bo'yicha 24 soatlik ishonch telefoni	1-800-273-TALK (8255)
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VICTIMS OF CRIME/JINOYAT QURBONLARI

National Center for Victims of Crime Davlataro jinoyat qurbanlari markazi	1-855-484-2846
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DOMESTIC VIOLENCE/OILADAGI ZO'RAVONLIK

National Domestic Violence Hotline Oiladagi zo'ravonlik bo'yicha davlataro ishonch telefoni	1-800-799-SAFE (7233)
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WOMEN'S HEALTH/AYOLLAR SALOMATLIGI

National Women's Health Information Center Ayollar salomatligi davlataro axborot markazi	1-800-994-9662
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